

KFIT 4.1 Course Outline as of Summer 2022**CATALOG INFORMATION**

Dept and Nbr: KFIT 4.1 Title: BODY MECHANICS

Full Title: Body Mechanics

Last Reviewed: 2/12/2024

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.50	Lecture Scheduled	0	17.5	Lecture Scheduled	0
Minimum	1.50	Lab Scheduled	3.00	5	Lab Scheduled	52.50
		Contact DHR	0		Contact DHR	0
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 26.25

Total Student Learning Hours: 78.75

Title 5 Category: AA Degree Applicable

Grading: Grade or P/NP

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly: PHYED 32

Catalog Description:

Exercises for fitness with an emphasis on core strength, flexibility, posture, and muscle tone. Activities may include forms of aerobic exercise, resistance training, yoga, and Pilates movements.

Prerequisites/Corequisites:**Recommended Preparation:****Limits on Enrollment:****Schedule of Classes Information:**

Description: Exercises for fitness with an emphasis on core strength, flexibility, posture, and muscle tone. Activities may include forms of aerobic exercise, resistance training, yoga, and Pilates movements. (Grade or P/NP)

Prerequisites/Corequisites:

Recommended:

Limits on Enrollment:

Transfer Credit: CSU;UC.

Repeatability: Two Repeats if Grade was D, F, NC, or NP

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	Area	Effective:	Inactive:
CSU GE:	Transfer Area	Effective:	Inactive:

IGETC:	Transfer Area	Effective:	Inactive:
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CSU Transfer:	Transferable	Effective:	Fall 1981	Inactive:
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UC Transfer:	Transferable	Effective:	Fall 1981	Inactive:
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CID:

Certificate/Major Applicable:

Major Applicable Course

COURSE CONTENT

Student Learning Outcomes:

At the conclusion of this course, the student should be able to:

1. Create a personal fitness program based on current fitness level
2. Demonstrate improved posture, fitness level, and core strength
3. Establish personal fitness goals

Objectives:

At the conclusion of this course, the student should be able to:

1. Identify the core muscles
2. Demonstrate kinesthetic awareness, proper body alignment, core strength, and stability
3. Demonstrate coordination of breath with movement
4. Identify one or more fitness-related goals
5. Exercise to improve muscle tone
6. Exercise to increase cardiovascular endurance
7. Analyze personal fitness progress

Topics and Scope:

I. Introduction of Movement Mechanics

- A. Posture: Center of gravity
- B. Body alignment in numerous positions
- C. Low back considerations
 1. Basic anatomy/biomechanics of the back
 2. Neutral position and other preventive measures

II. Fitness Conditioning Exercises

- A. Cardiorespiratory endurance
 1. Training principles
 2. Aerobic movements
 3. Safety issues
 - a. Monitoring intensity

- b. Movement mechanics
- B. Muscular Toning
 - 1. Training concepts
 - 2. Types of resistance equipment
 - 3. Review major muscle groups
 - 4. Safety issues and mechanics of movement
- C. Flexibility and Body Relaxation
 - 1. Training concepts
 - 2. Mechanics of movement
 - 3. Strategies for reducing stress and tension
- III. Physical Fitness
 - A. Definition
 - B. Relationship to health, wellness, and academic success
 - C. Lifelong fitness mindsets and habits
 - 1. Self motivation
 - 2. Scheduling fitness activities

Assignment:

Students are expected to spend an additional one and one-half hours per week outside of class on one or more of the following activities:

1. Written personal fitness goals and objectives
2. Journal entries or written analysis of progress (1 - 4)
3. Written personal fitness program
4. Practical demonstration of proper fitness technique and performance of fitness based exercises
5. Exams and/or quizzes (1 - 3)

Methods of Evaluation/Basis of Grade:

Writing: Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Written personal goals, journal entries, written personal fitness program

Writing 5 - 20%

Problem Solving: Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

Written personal fitness program

Problem solving 10 - 20%

Skill Demonstrations: All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Class performances, Performance exams

Skill Demonstrations 10 - 20%

Exams: All forms of formal testing, other than skill performance exams.

Quizzes, multiple choice, True/false

Exams
20 - 35%

Other: Includes any assessment tools that do not logically fit into the above categories.

Participation and attendance

Other Category
40 - 55%

Representative Textbooks and Materials:

Fitness: Steps to Success. Naternicola, Nancy. Human Kinetics. 2015
Instructor prepared materials